

Academic Council dated 15th July, 2023 as per Item Number: 1.05



**DOMBIVLI SHIKSHAN PRASARAK MANDAL'S,
K.V. PENDHARKAR COLLEGE OF ARTS, SCIENCE AND COMMERCE,
(AUTONOMOUS) DOMBIVLI (EAST), DIST. THANE
(Affiliated to University of Mumbai)**

Faculty of Arts

DEPARTMENT OF PSYCHOLOGY

(Programme: Bachelor of Arts: B.A.)

SYLLABUS FOR

F. Y. B. A. – PSYCHOLOGY MAJOR (Semester I and II)

Choice Based Credit System (CBCS)

(with effect from the Academic Year: 2023-2024)

Code	Sem.	Course title	Credits	No of Lectures (weekly)
PS23101MM	I	Fundamentals of Psychology	04	05
PS23201MM	II	Fundamentals of Psychology	04	05

Fundamentals of Psychology

Objectives:

• To impart

knowledge of the basic concepts and modern trends in Psychology.

- To make the students aware of the applications of Psychological concepts in different areas of day-to-day life.
- To foster interest in the subject of Psychology and to create a foundation for further studies in Psychology.
- To make students aware of the applications of Psychological concepts in different day to day life.

Learning Outcome Semester I:

- 1) To make students understand about the fundamental concepts of general psychology.
- 2) To impart knowledge about the biological bases of human behavior.
- 3) To help learners aware of the theoretical and applied aspect of classical and operant conditioning.
- 4) To impart knowledge about the nature and process of memory

SEMESTER – I

Unit-I: The science of Psychology

- a) The history of Psychology.

- b) The Fields of Psychology Today.
- c) Scientific research.
- d) Ethics of psychological research
- e) Visit to the laboratory for demonstration of a simple experiment on R.T. (Reaction Time)

Unit-II: The Biological Perspective.

- A) Neurons and Nerves: Building the Network.
- b) An overview of the Nervous System.
- c) Distant connections: The Endocrine Glands.
- d) Looking inside the Living Brain.
- e) From the Bottom up: The structures of the Brain.
- f) Classic studies in Psychology.
- g) Applying Psychology to Everyday life.

Unit-III: Learning.

- a) Definition of Learning.
- b) Classical conditioning, and Operant conditioning
- c) Cognitive learning Theory.
- d) Observational Learning

Unit – IV: Memory

- a) What is memory?
- b) The Information Processing Model: Three Memory Systems.
- c) Retrieval of Long –term Memories.
- d) Forgetting.
- e) Neuroscience of memory.
- f) Applying Psychology to Everyday life.

Semester II

Unit I: Cognition: Thinking, Intelligence, and Language.

- A) How People think.
- B) Intelligence.
- c) Language
- d) Applying Psychology to Everyday life.

Unit II: Motivation and Emotion.

- a) Approaches to understanding Motivation.
- b) What, Hungry again? Why People Eat.
- c) Emotion.
- d) Culture and Emotions.
- e) Applying psychology to everyday life is replaced by Classroom exercise on detecting emotion with the help of photographs depicting various emotions.

Unit III: Theories of Personality.

- a) Psychodynamic Perspective.
- b) Psychoanalysis in the East.
- c) The Behavioural and Social Cognitive View of Personality.
- d) The Third Force: Humanism and Personality.
- e) Trait Theories: Who are you?
- f) Modern Trait Theories: The Big Five and current thoughts on the trait Perspective.
- g) Personality: Genetics and Culture.
- h) Assessment of Personality.

i) Applying Psychology to Everyday life.

Unit IV: Statistics in Psychology.

- a) What are Statistics?
- b) Descriptive Statistics.
- c) Inferential Statistics.

Book for Study:

Ciccarelli, S. K., White J. N. & Misra (2017) G. Psychology (5th ed.)

References:

- 1. Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon**
- 2. Ciccarelli, S. K. & Meyer, G. E. (2006). Psychology. Pearson Education inc. and Dorling Kindersley Publishing inc. New Delhi; first Indian reprint 2007**
- 3. Coon, D., & Mitterer, J. O. (2007). Introduction to Psychology: Gateways to Mind and Behaviour. (11th ed.) Wadsworth/Thomson Learning Publications, New Delhi; first Indian reprint 2007**
- 4. Feldman, R. S. (2008). Understanding Psychology. (8th ed.). McGraw- Hill Publications, New York**
- 5. Kalat, J. W. (2005). Introduction to Psychology. (7th ed.). Wadsworth- Thomson Learning Publications, Belmont, USA.**
- 6. Lahey, B. B. (2007). Psychology: An Introduction. (9th ed.). McGraw- Hill Publications, New York**
- 7. Passer, M. W., & Smith, R. E. (2007). Psychology: The Science of Mind and Behaviour. (3rd ed.) McGraw- Hill Publications, International edition, New York**
- 8. Wade, C. & Tavris, C. (2006). Psychology. (8th ed.). Pearson Education inc., Indian**

reprint by Dorling Kindersley, New Delhi

9. Wood, S.E., Wood, E. G., & Boyd, D. (2008). The world of Psychology. (6th ed.).

Pearson Education inc., Allyn and Bacon

10. Zimbardo, P. G., Johnson, R. L., & Weber, A. N. (2008). Psychology: Core Concepts. (5th ed.). Pearson Education inc., Allyn and Bacon

11. Aamodt, M.G. (2004). Applied Industrial/Organizational Psychology. (4th ed). Wadsworth/ Thomson Learning

12. Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd

13. Brannon, L. & Feist, J. (2007). Introduction to Health Psychology. New Delhi: Wadsworth Thomson Learning. First Indian reprint 2007

14. Ciccarelli, S. K. & Meyer, G. E. (2006). Psychology. Pearson Education inc. and Dorling Kindersley Publishing inc. New Delhi; first Indian reprint 2007

15. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). New York: McGraw Hill publications

16. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd

17. Pareek, U. (2003). Training Instruments in HRD and OD (2nd ed.), Tata McGraw- Hill Publishing Company, Mumbai

18. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8th ed.) Cengage Learning India

19. Wilson, E. (2007). StrSess Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power.

20. Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon

21. Ciccarelli, S. K. & Meyer, G. E. (2006). Psychology. Pearson Education inc. and

Dorling Kindersley Publishing inc. New Delhi; first Indian reprint 2007

22. Coon, D., & Mitterer, J. O. (2007). Introduction to Psychology: Gateways to Mind and Behaviour. (11th ed.) Wadsworth/Thomson Learning Publications, New Delhi; first Indian reprint 2007

23. Feldman, R. S. (2008). Understanding Psychology. (8th ed.). McGraw- Hill Publications, New York

24. Kalat, J. W. (2005). Introduction to Psychology. (7th ed.). Wadsworth- Thomson Learning Publications, Belmont, USA.

INTERNAL ASSESSMENT 40 Marks

1. Class test:

(Additional Exam in any valid case)

Multiple Choice Question (20Marks)

2. Assignment: (20 Marks) (Any one)

A. Prepare short Questionnaire

B. Conduct Small Survey

C. Report Writing

D. Presentation

SEMESTER EXAMINATION

60 marks (2 hours)

1. All questions are compulsory.

2. Each question carries 15 marks.

F.Y.B.A. Psychology Minor: Psychology of Adjustment - Sem. I and Sem. II

Code	Sem.	Course Title	Credits	Marks
PS23102MN	I	Psychology of Adjustment	2	50

PS23202MN	II	Psychology of Adjustment	2	50
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Objectives: -

1. To help students in building knowledge of the basic concepts and modern trends in Psychology of Adjustment

2. To foster interest in Psychology of Adjustment as a field of study and research among students. 3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context

Semester I - Psychology of Adjustment (3 lectures per week)

Unit 1. Self-direction in a changing world and seeking selfhood

- a) Social change, the challenge of self-direction, themes of personal growth
- b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self concept and personal growth

Unit 2. Towards better health

- a) Body image; Health and the mind–body relationship
- b) Coping with illness; Promoting wellness

Semester II - Psychology of Adjustment (3 lectures per week)

Unit 1. Stress

- a) Understanding stress; reactions to stress
- b) Managing stress

Unit 2. Therapy and Treatment

- a) Psychotherapy: what it is and who uses it
- b) Insight therapies; Cognitive and behavioral therapies
- c) Other approaches to treatment; How well does therapy work

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). Psychology for Living – Adjustment, Growth, and Behaviour Today. (11thed.). New Jersey: Pearson

Books for reference

1. Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
2. Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
3. Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education
4. Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition
5. Duffy, K.G., & Atwater, E. (2005). *Psychology for Living – Adjustment, Growth, and Behaviour Today*. (8thed.). New Delhi: Pearson, Indian reprint 2008
6. Greenberg, J. S. (2008). *Comprehensive Stress Management*. (10thed). McGraw Hill publications
7. Hariharan, M., & Rath, R. (2008). *Coping with Life Stress: The Indian Experience*. New Delhi: Sage publications India pvt ltd
8. Schafer, W. (2002). *Stress Management*. (4thed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
9. Snyder, C.R., & Lopez, S.J. (2007). *Positive Psychology – The scientific and practical explorations of human strengths*. New Delhi: Sage publications India pvt ltd, South Asia edition
10. Taylor S. E. (2003). *Health Psychology* (5thed). McGraw Hill Higher Education. International Edition.
11. Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life - Adjustment in the 21st century*. (8thed.) Cengage Learning India
12. Wilson, E. (2007). *Stress Proof Your Life: 52 Brilliant Ideas for Taking Control*. New Delhi: Pearson Power

F.Y.B.A. Psychology Vocational Skill Course : Counselling Skills in Psychology - Sem. I and Sem. II

Code	Sem.	Course Title	Credits	Marks
PS23103VS	I	Counselling Skills in Psychology	2	50
PS23203VS	II	Counselling Skills in Psychology	2	50

Learning Objectives –

1. To have students develop an interest in and an understanding of Counselling concepts
2. To have students understand counsellor's roles and responsibilities in practice environments
3. To have students build knowledge and understanding of the basic skills in practice
4. To help students understand the theoretical foundations underlying different counselling and psychotherapeutic approaches
5. To create a foundation in students for higher education in Counselling and a career as a professional counsellor.

Unit 1: Introduction to Counselling:

- a) Role of formal and informal helpers, key ingredients of successful helping, focus on client and context, qualities of an effective helper.
- b) Role of beliefs, values, norms, and moral principles in the helping process. Helping clients redo poor decisions and make and execute life-enhancing decisions.
- c) Developing a working alliance.

Unit 2. Therapeutic Presence: Importance of Listening

- a) Nonverbal behaviour as a channel of communication. Active listening as the foundation of understanding.
- b) Forms of poor listening
- c) Importance of listening to helpers own internal conversation

Semester II

Counselling Skills in Psychology:

Unit 1. Empathic Responding

- a) Importance of responding skill of empathy
- b) Three dimensions of responding skills
- c) Basic formula for communicating empathy

Unit 2. Art of Probing and Summarising

- a) Probing, verbal and nonverbal prompts
- b) Using Summaries
- c) Dealing with Resistance

Book for study Egan, G. & Reese, R. J. (2019). *The Skilled Helper: A Problem-Management and OpportunityDevelopment Approach to Helping*. (11th Edition) Cengage Learning. Gladding, S. T. (2014). *Counselling: A Comprehensive Profession*. (7th Ed.). Pearson Education. New Delhi: Indian subcontinent version by Dorling Kindersley India

Books for reference

1. Capuzzi, D., & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions*. (4 th ed.). Pearson Prentice Hall. First Indian reprint 2008 by Dorling Kindersley India pvt ltd.
2. Capuzzi, D., & Gross, D. R. (2009). *Introduction to the Counselling Profession*. (5th ed.). New Jersey: Pearson Education
3. Corey, G. (2005). *Theory and Practice of Counselling and Psychotherapy* (7th ed.). Stamford, CT: Brooks/Cole

4. Corey, G. (2008). Group Counselling. Brooks/Cole. First Indian reprint 2008 by Cengage Learning India
5. Corey ,G (2016) . Theory and Practice of Counselling and Psychotherapy. Cengage Learning, India
6. Cormier, S. & Nurius, P.S. (2003). Interviewing and changing strategies for helpers: Fundamental skills and cognitive behavioural interventions. Thomson Brooks/Cole
7. Dryden, W., & Reeves, A. (Eds). (2008). Key issues for Counselling in Action. 2 nd ed. London: Sage publication

**F.Y.B.A. Psychology Skill Enhance Course : Soft Skills in Psychology -
Sem. I and Sem. II**

Code	Sem.	Course Title	Credits	Marks
PS23104SE	I	Soft Skills in Psychology	2	50
PS23204SE	II	Soft Skills in Psychology	2	50

LEARNING OBJECTIVES

1. The objectives of the Skills Soft Training Manual are to give each student:
2. A realistic perspective of work and work expectations
3. To develop problem solving skills,
4. To guide students in making appropriate and responsible decisions,
5. To create a desire to fulfil individual goals,
6. To educate students about unproductive thinking, self-defeating emotional

Semester I

Soft Skills in Psychology:

Unit -I Communication skills

- A) Scope and Importance of Communication
- B)Types of Communication
- C) Barriers to Effective Communication AND Overcoming Communication Barriers

Unit II Body language and Etiquettes

- A) Important Features of Body Language
- B) Positive and negative body language
- C) Concept, Definition, Need, AND Types of Etiquette

Semester II

Soft Skills in Psychology:

Unit I: Presentation skills

- A) Importance of Presentation
- B) Essentials for making a Presentation Work
- C) Use of powerpoint slides for making a presentation

Unit II: Time Management Skills

- A) Importance of Time Management AND Key Factors of Time Management
- B) Effective Time Management
- C) Techniques to Practise To Master Your Own Time